



# THE BELL

A Monthly Newsletter  
15<sup>th</sup> Avenue Christian Church

## *A message from Pastor Mike.....*

Our Scripture text for July 24<sup>th</sup> was based on Luke's presentation of The Lord's Prayer. As we looked at Luke's simple version of that famous prayer, I was reminded that it is very easy to fall out of the habit of regular prayer. It's easy to underestimate the importance of both our personal prayer lives and the role of corporate prayer as we assemble together for worship on Sunday mornings. We may need to be quite intentional about making prayer an integral part of our busy days. The good news is that our options for prayer are wider than we may have been taught when we were kids.

Have you ever heard of "breath prayers?" Those are the short one-line type that you can say many times throughout the day. Perhaps the most famous example is called the *Jesus Prayer*. It simply states, "Lord Jesus Christ, Son of God, have mercy on me a sinner." Another example is, "The Lord is my shepherd, I shall not want." Some people use triggers to pray these simple prayers as they go through the day. A trigger could be anytime you take an elevator, whenever you are stopped by a yellow traffic light, or when you see a songbird or an unusual cloud formation. The idea is to integrate your prayer life with your "regular" life!

Another possible prayer practice to consider is silence. Simply taking some quiet time gives us a chance to listen for God's word to us in the middle of our noise-maker of a world! Silence is one more helpful option for praying, and it gives us an excellent chance to focus on the listening side of prayer. We can whisper our prayers. We can pray by singing. We can pray while walking. There are many options when it comes to prayer types. You might find a prayer practice that works better for you at this stage of your life compared to an earlier stage. A life of prayer and praise can help align us with God's call on even our busiest days.

You may also want to consider taking a fresh look at the Book of Psalms as way to recharge your prayer life. There are quite a few different types of Psalms. There are hymns of praise, there are complaints, and there are expressions of thanksgiving. There are also Royal or Messianic Psalms, which look ahead to Jesus' birth. There are Wisdom Psalms, and several other types. The Psalms show us how to praise God. The last three, numbers 148 to 150, are especially good at summing up our life of praise. Think of the Psalms as prayer. The Book of Psalms is a prayer book to be lingered over and absorbed.

Thankfully, we don't have to pray only thankful or grateful prayers. Judging from the tone of many Psalms, it is OK to 'lament'. It is OK to ask why, to complain, to grumble, to talk to God as we would to a close friend. Praying through the Psalms can be like talking to our best friend... we can laugh, cry, complain, pout, whatever we want. And then, once we get all of that questioning and protest off of our chest, we can get on with trusting that God has it all under control, and we can move on to living lives of prayer and praise.

It helps to remember that we don't pray alone. We also pray corporately as the church. When we pray the Psalms, we are on the same page with many others who are praying at the same time, in every time zone. There is a general understanding throughout the Old and New Testaments that God inhabits the praises of his people. We might be tempted to think that our lives are too busy to include regular prayer. The truth is, our very lives are a prayer. Our life of faith can be a continual act of praise. May our praises rise up from within us, unbidden; maybe even unspoken. May our gratitude and joy overflow as we make prayer and praise a part of our daily lives.

## Music Notes

## Sheila Doak, Music Director

Many thanks to all who contributed their time, talent, or treasure to this year's Music Camp! It was so wonderful to have kids again for a week of singing, dancing, learning Christian values, and getting along with each other so well. If you have any questions or concerns about how this year went or things we need to do differently next year, please let me know. Now is the time for reflection and improvement before we try again next year.



I still have a one or two open spots for Special Music in August. Many thanks to all who have stepped forward to share their beautiful music with us so far! Choir rehearsals begin again Aug. 31, with the first Sunday singing on Sept. 11.

Remember, rehearsals are Wednesdays 6:30-7:30pm, and you can come anytime with no commitment to coming every week if you can't make it.

May God bless you all!  
Sheila Doak, Director of Music



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## Thanksgiving in July ~



Just a quick note to say thank you to all who have donated to the Thanksgiving in July Food Pantry drive. We appreciate your support of the people in our community who are dealing with food insecurities.

It's not too late to give to this special event. We will be collecting donations through our regular Food Pantry day, Sunday, August 14<sup>th</sup>. Please make sure to mark the donation as Thanksgiving in July.

Again, thank you from your Outreach Team.

I KNOW THE ONE WHO HOLDS  
THE OCEANS IN THE HOLLOW  
HIS HAND. AND I KNOW HE  
HOLDS ME TOO!



## The Secret

I met God in the morning when the day was at its best, His presence came like a sunrise like a glory within my breast.

All day long the presence lingered. All day long He stayed with me: as we sailed in perfect calmness o'er a very troubled sea.

Other ship were blown and battered, other ships were sore distressed; But the winds that seem to drive them brought to us a peace and rest.

Then I thought of other mornings, with a keen remorse of mind, When I, too, had loosed the moorings, with His presence left behind.

So I think I know the secret learned from many a troubled way; you must seek God in the morning if you want Him through the day.

Ralph S. Cushman

July Attendance	
July 3	34
July 10	35
July 17	78
July 24	26
July 31	36



## PROFIT & LOSS REPORT

Income	\$79,551.10
Expenses	<u>\$56,631.96</u>
Net Income	\$22,919.14

## Anniversaries

- 3 Kathy & Don WESTON
- 7 Ron & Alice LYONS
- 10 Rod & Allyson LEATHERMAN
- 11 Dave & Jeanne O'MELIA
- 22 Jerry & Nancy HARRIS

## Birthdays

- 11 Hector MATA
- 20 Patti PEARSALL
- 30 Juliana MATA
- 30 Marilyn MIX

## Elders Prayer Update Bell Edition

“We always give thanks to God for all of you, making mention *of you* in our prayers; constantly keeping in mind your work of faith and labor of love and perseverance of hope in our Lord Jesus Christ in the presence of our God and Father,

1 Thessalonians 1:2

Please keep these family, friends and caregivers in your daily thoughts and prayers. Let them know they are not forgotten while we are apart. Consider a phone call or send a card to tell them they are missed and loved.

Del (Karlene & family) Dave's cousin      Wayne Carter had arm amputated 7/15 (Suzanne & family)

Marlin Scharer in rehab (Dave P. cousin) family      Juliana Mata in getting her license.

Prayers for my union brothers and sisters and our chaplaincy.

Pray for me as I apply for a new position in my company. (Jean Kingan)

Mike Rushing (Karen & Kenny)

Karen & Kenny Hitchcock      Becky (cousin to Kathy and Dawn)      Lisa Hatlett (family)

Lynne Sheese (Steve & family)      John (neighbor to Maggie Carrol)      Blake Field

Kurt D. (Lisa & family)      Diane Butcher (family)      Dawn Fensterbusch (Kathy, Don, Penny & family)

Michael R. (J. Kingan's uncle)      Sophi, Melaine & family (Diane B.)

Ted Vansickle family for grandson in neonatal unit in hospital. (J. Kirgan)

Mona Mlekush (Ron, Alice & family)      Karen moved to assisted living (neighbor to Patty Pearsall)

Peggy Doak (Sheila Doak's mom)      Jeff Mix (Marilyn & family)      Pat (Lori & Jim Bickford)

Cara (friend of Diane Block)      Mike (Kathi, Jeff and family)      Dorothy Coulson (Diane)

David & Sonya Geenen      Lois (Weston's friend)      Jessica Borland (Swanson's)

Bob Bloomer (Annie & family)      Michelle (Don & Kathy)

Wm. “Bill” Mockmore (Judie, Bill and family)      Alice Lyons (family)      Cathy Wilson (Lisa & family)

Wanda (Kathy & Don's friend)      David O'Melia (Jeannie & family)      C.D. Thompson (Family)

Sarah T.      Julie (cancer)      Beverly Ducey (Jim & family)

Bob, David and Jane (Kathy & Don)

Vickie (Jesse & Melba)      Ron Lyons Covid (Alice, Sandy, Mona and Margaret)

Kent Christensen (Kathy & Don)      Jo (Kathy & Don)

Judy (Kathy & Don)      Gabriel (friend of Westons)

Tim M. (Jan & Roy)

# hello August 2022

15<sup>th</sup> Avenue  
Christian  
Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 6:30PM River Bend Bronze	3	4 10AM Bible Study	5	6
7	8 8:00AM Elder Mtg 9:30AM Worship	9 6:30PM River Bend Bronze	10	11 10AM Bible Study	12	13
14	15 9:30AM Worship	16 6:30PM River Bend Bronze	17	18 10AM Bible Study	19	20
21	22 9:30AM Worship	23 6:30PM River Bend Bronze	24	25 10AM Bible Study	26	27
28	29 9:30AM Worship	30 6:30PM River Bend Bronze	31 6:30PM Choir Practice			

**Serving Elders**  
7 Kathy Weston  
14 Annie Bloomer  
21 Doug Nelson  
28 Kathy Weston  
**Visiting Elder**  
Kathi Barnes and Diane Block

**Serving Deacons**  
HD Ethan Flemming, Jeff Barnes, Sally Bartosh, Karen Hitchcock  
**Preparing Deacon**  
Lisa Hatlett

**Flowers**  
7 Kathy & Don Weston  
Alice Lyons  
14 Bill and Judie Holmer  
21 Clara Dell Thompson  
28 Alice Lyons



## Scripture Writing Plan

*Be Bold*

- Day 1: 1 Corinthians 15:58; 1 Corinthians 16:13-14
- Day 2: 1 John 2:28-29
- Day 3: 2 Corinthians 3:4-6
- Day 4: 2 Corinthians 3:10-12
- Day 5: 2 Timothy 1: 6-9
- Day 6: Acts 4:29-31
- Day 7: Daniel 10:18-19
  
- Day 8: Ephesians 3:10-13
- Day 9: Ephesians 6:18-20
- Day 10: Hebrews 4:16
- Day 11: Hebrews 10:19-25
- Day 12: Hebrew 10:35-36
- Day 13: Hebrews 12:25-29
- Day 14: Hebrews 13:5-6
  
- Day 15: Isaiah 40:28-31
- Day 16: Isaiah 43:1-7
- Day 17: Joshua 1:1-6
- Day 18: Joshua 1:7-9
- Day 19: Luke 11:9-10
- Day 20: Philippians 1:19-21
- Day 21: Philippians 4:12-13
  
- Day 22: Proverbs 28:1
- Day 23: Psalm 27:1-3
- Day 24 Psalm 56:3-7
- Day 25: Psalm 56:8-13
- Day 26: Psalm 91:1-7
- Day 27: Psalm 118: 5-10
- Day 28: Psalm 118:11-14
  
- Day 29: Psalm 138: 1-3
- Day 30: Psalm 138:4-8
- Day 31: Romans 8:31-35

Open my eyes that I may see wonderful things in your law.  
*Psalm 119:18*